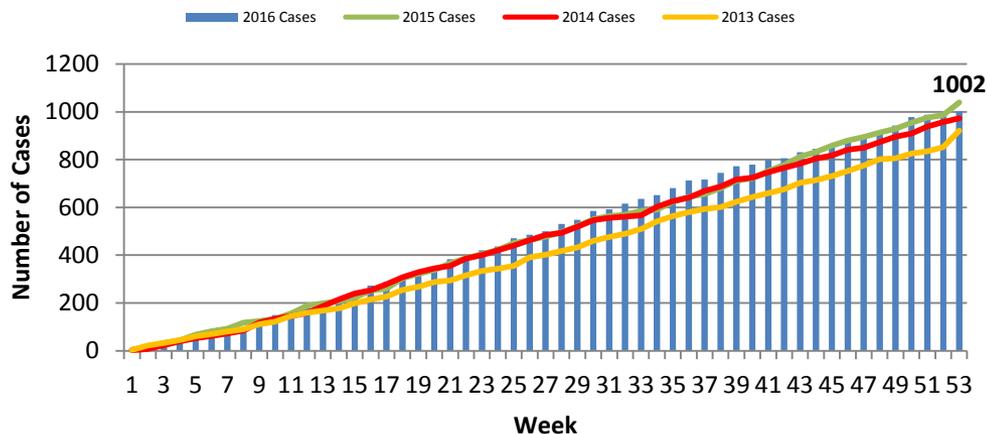


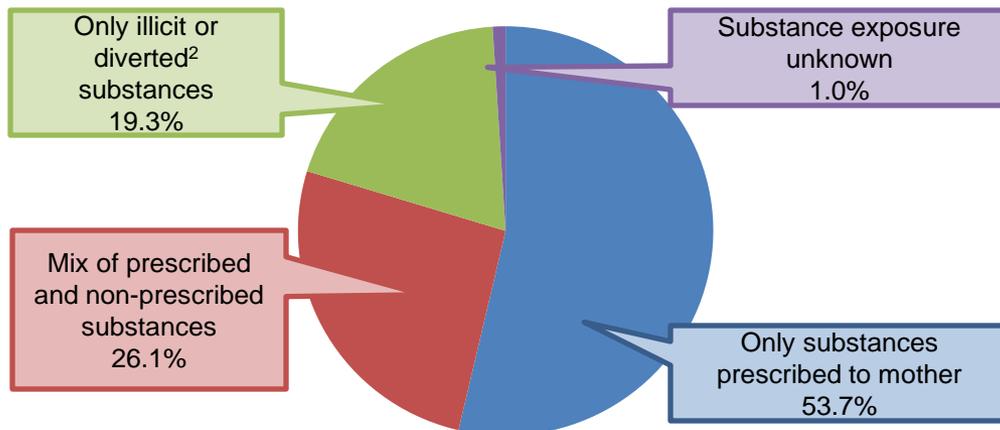
Neonatal Abstinence Syndrome Surveillance

December Update (Data through 01/09/2017)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **1002 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2016
- In the majority of NAS cases (**79.8%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2016 have occurred in the East, Northeast and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight The [Mothers and Infants Sober Together](#) (M.I.S.T.) project at Ridgeview serves pregnant women in Anderson, Roane, Campbell, Scott, and Morgan counties to create stable, drug-free environments for infants and families. Women who test positive for substances during pregnancy or at the time of birth and/or admit to using drugs during pregnancy are eligible for services. Case managers, therapists, and a program coordinator partner with law enforcement, judges, mental health, and other providers to empower families to utilize existing resources for recovery. M.I.S.T. also provides education and prevention services to reduce the prevalence of drug abuse. For more information click [here](#) for a brochure, or email Michelle Jones at jonesmm@ridgevw.com.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	695	69.4
Legal prescription of an opioid pain reliever	101	10.1
Legal prescription of a non-opioid	82	8.2
Prescription opioid obtained without a prescription	266	26.6
Non-opioid prescription substance obtained without a prescription	109	10.9
Heroin	26	2.6
Other non-prescription substance	145	14.5
No known exposure	9	0.9
Other ⁴	64	6.4

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	58	5.6
East	206	26.2
Hamilton	17	4.0
Jackson/Madison	3	2.4
Knox	97	18.1
Mid-Cumberland	124	7.9
North East	202	58.6
Shelby	4	0.3
South Central	51	10.6
South East	35	9.8
Sullivan	77	50.5
Upper Cumberland	93	23.5
West	35	5.9
Total	1002	12.2

NAS Prevention Opportunities

Women of Childbearing Age

- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#)
- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

Health Care Providers

- View the [CDC Grand Rounds on Primary Prevention and Public Health Strategies to Prevent NAS](#) presentation posted August 16, 2016.
- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

Everyone

- Get help for substance abuse problems by calling 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

Notes

1. Individual weekly summary reports are archived at: <http://www.tn.gov/health/article/nas-summary-archive>
2. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
3. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov